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DOWNTON ABBEY'S THOMAS HOWES AS A YOUNG WINSTON CHURCHILL LOCKS HORNS WITH INSPECTOR MURDOCH IN THE NEW SEASON OF MURDOCH MYSTERIES

PAGE 8

REGINA

metro



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Monday, January 7, 2013



News worth sharing.

Your new NHL primer

Lockout's over. What you need to know as the battles go from the boardroom to along the boards

Hockey is back, but there remain several questions about the new season. Here are the answers, according to the details of the new agreement:

When will the season begin?
If it's a 50-game season, the puck drops on Jan. 15. If it's 48 games, it'll be Jan. 19. It's believed the maximum number of games is 50.

When would the playoffs end?
The Stanley Cup final could go to the end of June. June 29 is a Saturday, June 30 a Sunday. If the series goes to seven games, then Game 7 of the final could run that far.

What is the salary cap?
The cap for the first year is \$60 million, with a floor of \$44 million, but teams can spend up to \$70.2 million. A central issue during bargaining was the cap ceiling for the second year (2013-14) — players want-

ed, stuck to and got \$64.3 million.

What is the result of the bargaining on contract lengths?
Maximum contract lengths are seven years, and eight if teams re-sign their own players.

What will the agreement be between the NHL and the junior leagues regarding called-up junior-age players?
Details have not been released. The question remains how long they can remain in the NHL before their season becomes official (or they are returned to junior).

Is there a new order for the draft lottery?
All 14 non-playoff teams are expected to be in the lottery, compared to the previous five-team lottery. This could generate hard feelings since the lowest-finishing teams will likely lose the probability they had at the No. 1 pick under the old lottery.

Will NHL players be taking part in the Sochi Olympics?
It's expected the NHL will elect to have its players in Russia.

TORSTAR NEWS SERVICE

MORE NHL COVERAGE, PAGES 2 & 13



'An inspiration'

Former PM Paul Martin has words of high praise for Attawapiskat Chief Theresa Spence as her hunger strike nears the one-month mark

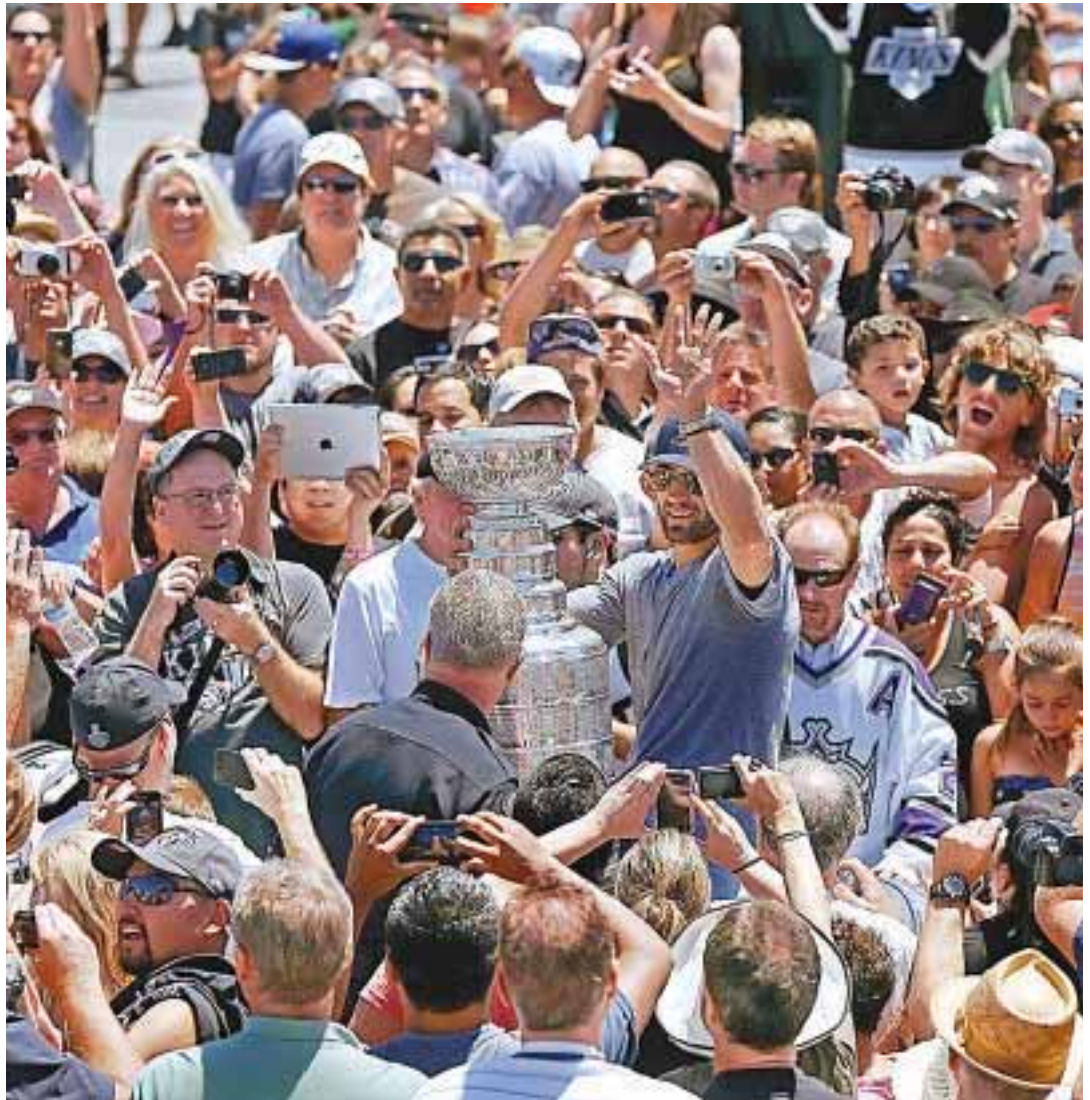
PAGE 3



His inner fairy

One father says he's willing to do almost anything to make his daughter laugh — and if that means donning fairy wings and a tiara, then so be it

PAGE 10



Oh yeah — that happened! Melville, Sask., native and Los Angeles Kings centre Jarret Stoll shows off the Stanley Cup during a rally at Pier Plaza in Hermosa Beach, Calif., June 25, 2012. In the wake of a 113-day lockout, this year's NHL final could extend to June 30. CHRIS CARLSON/THE ASSOCIATED PRESS FILE

Warm weather will be gone by weekend: Environment Canada

Enjoy it while you can.

Temperate air from Pacific jet stream contributing to mild conditions



MORGAN MODJESKI
Metro in Saskatoon

Those in southern Saskatchewan enjoying the warm weather should make the most of it this week as Environment Canada says the spell of above-average temperatures will be gone by Friday.

Greg Pearce, a meteorologist with Environment Canada, explained that although temperatures in southern Saskatchewan have been 5 to 6 C higher than normal in January, the trend likely won't continue for the rest of the season.

"You shouldn't be getting used to this," said Pearce. "It looks like it's probably going to change by this weekend."

Pearce explained that temperatures in Saskatoon at the beginning of January have been averaging a high of -4 C, while the overnight low has been averaging -15

Back to bundling

"You shouldn't be getting used to this ... It looks like it's probably going to change by this weekend."

Meteorologist Greg Pearce

C compared to the normal temperature low of -20 C and high of -11 C.

Regina has seen similar trends as the city's highs have been averaging roughly -5 C while the average low has been -18 C, compared to an average high of -11 C and an average low of -23 C.

"Over the course of the first four of five days of the new year, we've had very mild temperatures," said Pearce.

He added that the warmer weather is the result of a strong jet stream from the Pacific sweeping mild air across B.C. and into the southern prairies.

Pearce said that overall these temperatures are "quite typical," as the record high for Jan. 6 in Saskatoon, which was set in 1963, was 5 C and the record high for Regina, which was set in 1902, was 4.4 C.



Some bundled-up joggers make their way around Wascana Lake on Sunday. While temperatures in Regina have been warmer than average over the last week, residents should expect a return to frigid normalcy by Friday. JEFF MACKEY/METRO

Your take on the end of the lockout

After a recent stint of negotiations lasting more than 16 hours, the NHL and the NHLPA have reached a tentative collective bargaining agreement, meaning the end of the NHL lockout and the start of the 2012-13 hockey season.

Although the new CBA still needs to be drafted and approved by both sides, fans and players are optimistic.

Metro hit the streets to find out how local hockey fans feel about the potential end of the lockout.

JEFF MACKEY

jeff.mackey@metronews.ca



Brant Rumpel,
25: Technical assistant

"I don't really care, I don't watch hockey.... But I would probably watch more hockey if I knew all the seasons were only 30 games."



Dana Alzomal,
27: Regina postal worker

"At this point I am just happy there is going to be actual hockey. I am a fan of the Edmonton Oilers and we have some great guys, like Jordan Eberle, and I just want to see these guys play."



Shane Kleisinger,
28: Engineering role

"I don't really watch too much hockey, I don't have a TV, but I think it's nice that it is over, kids are finally going to be able to watch some hockey — that's great."



Darcy Chicione, 48:
Heavy equipment operator

"It's good, I like hockey. I am a bit bitter, though, I thought the owners were greedy.... We had to miss half a season of hockey, (so) I won't be helping them out any time soon."



Tamara Christie,
26: Flight attendant

"I am not a huge hockey fan and I feel like the press that was surrounding it was covering up so many other things that are going on in the world. It's just a distraction."

Chief an inspiration for all Canadians: Paul Martin



Attawapiskat Chief Theresa Spence holds hands with her daughter Juliette Spence during a press conference outside her teepee on Victoria Island in Ottawa on Friday. Spence has been on a hunger strike for more than three weeks. SEAN KILPATRICK/THE CANADIAN PRESS

Hunger strike.

Former PM who brokered Kelowna Accord meets with Spence, while Harper says he will meet with First Nations leadership this week

An aboriginal chief who has gone without solid food for close to a month in a bid to force renewed talks between First Nations and the federal government is an inspiration to all Canadians, says former prime minister Paul Martin.

Martin visited Attawapiskat Chief Theresa Spence at her camp on Ottawa's Victoria Island on Saturday.

He told CTV's Question Period Sunday that it was a good meeting.

"I just told her that she'd become really an inspiration for all Canadians and that we were obviously concerned about her health and that she's got to take care of herself," Martin said.

One of Martin's final acts as prime minister was the brok-

Weekend protests

Idle No More protests continued over the weekend with groups blocking rail lines and border crossings throughout the country.

- A blockade of Via Rail lines near Kingston on Saturday held up trains on the Montreal-Ottawa-Toronto corridor, affecting about 1,000 people.
- A protest at the Seaway International Bridge near Cornwall, Ont., prompted police to close the border crossing as a public safety precaution.

ering of the Kelowna Accord, a deal between the government and First Nations that would have seen \$5 billion in new spending over 10 years.

The money would have been used to improve education and health outcomes, as well as housing.

But Martin's Liberal government fell and was replaced by the Conservatives under Prime Minister Stephen Harper and the accord

was never implemented.

Resetting the treaty relationship was Spence's goal when she began her self-proclaimed hunger strike on Dec. 11, giving up solid foods in favour of a liquids-only diet.

Spence was seeking a meeting between the prime minister, Governor General and First Nations leadership.

Her strike came as aboriginal activists also began a national protest movement called Idle No More in response to the Conservatives' latest budget bill.

The Idle No More movement feels the bill threatens their treaty rights with the changes it makes to regulations surrounding waterways.

Without acknowledging Spence's strike or the protest movement, Harper announced Friday that he will meet with First Nations leadership this week.

The talks will focus on two elements: the treaty relationship and economic development.

Those two are part of six broader themes that Harper and First Nations leaders agreed to work on following meetings last January.

THE CANADIAN PRESS

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week. Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. THE CANADIAN PRESS

Alleged assault

Police look for suspects after cabbie robbed

Police in St. Thomas, Ont., are looking for two suspects after a female taxi driver was assaulted, robbed and left tied to playground equipment early Sunday.

Investigators say the driver was called to a park for a fare around 3:15 a.m. and was approached by two males wearing dark clothing and balaclavas.

She was taken to hospital for minor facial wounds and has since been released. THE CANADIAN PRESS

Coast Guard

U.S. reviews B.C. oil export plans

Concerns in the U.S. over oil tanker traffic from British Columbia have spurred a U.S. Coast Guard review of proposed increases in Canadian oil exports.

A legislative amendment signed into law by President Barack Obama a few weeks ago gives the U.S. marine safety agency six months to conduct a risk assessment of the planned expansion of oil pipeline capacity to the West Coast.

THE CANADIAN PRESS

Troubled program

Naval ships under scrutiny

The navy's long-delayed joint support ship program is expected to come under the political microscope within weeks in what is likely another defence equipment embarrassment for the Harper government.

The parliamentary budget officer is poised to release his findings once MPs return from their Christmas break.

THE CANADIAN PRESS

Sexual violence. Former B.C. politician weighs in on castration debate

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang-rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have



Ujjal Dosanjh THE CANADIAN PRESS FILE

them removed," Dosanjh said on Twitter.

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

EMILY JACKSON/METRO IN VANCOUVER

Gang rape in India

- Dosanjh's comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.
- Thousands have taken to India's streets in protest since the rape, which led to murder charges against five men.



To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Official name now 'State of Palestine': Abbas

Name change.

Palestinian president Mahmoud Abbas orders Palestinian Authority officially changed to 'State of Palestine' after United Nations upgrade

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office



Palestinian President Mahmoud Abbas said all official documents will now read "State of Palestine". ABED AL HASHLAMOUN-POOL/GETTY IMAGES FILE

said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence." Israel still controls most of the West Bank.

Israel objected to the Pal-

estinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday. **THE ASSOCIATED PRESS**

Rare speech. Assad rules out peace talks with 'murderous criminals'

A defiant Syrian President Bashar Assad rallied a chanting and cheering crowd Sunday to fight the uprising against his authoritarian rule, dismissing any chance of dialogue with "murderous criminals" that he blames for nearly two years of violence that has left 60,000 dead.

In his first public speech in six months, Assad laid out terms for a peace plan that keeps himself in power, ignoring international demands to step down and pledging to continue the battle "as long as there is one terrorist left"

in Syria.

"What we started will not stop," he said, standing at a lectern on stage at the regal Opera House in central Damascus — a sign by the besieged leader that he sees no need to hide or compromise even with the violent civil war closing in on his seat of power in the capital.

The theatre was packed with his supporters who interrupted the speech with applause, cheers and occasional fist-waving chants, including "God, Bashar and Syria!"

THE ASSOCIATED PRESS



A Free Syrian Army fighter feeds a cat in the old city of Aleppo, Syria, Sunday. The revolution against the Syrian president that began in 2011, has killed more than 60,000 people, according to the UN. ANDONI LUBAKI/THE ASSOCIATED PRESS

Kuwait

Activist gets 2-year sentence for Twitter 'insult'

Kuwaiti media say a social media activist has been sentenced to two years in prison for a Twitter post deemed insulting to the Gulf nation's ruler.

Authorities across the Western-allied Gulf Arab states have sharply increased crackdowns on perceived dissent among bloggers and others using social media.

THE ASSOCIATED PRESS

Anti-apartheid leader

Mandela has recovered from ailments: Zuma

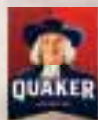
South African anti-apartheid leader Nelson Mandela has recovered from his recent lung infection and a surgical procedure to remove gallstones, according to an announcement Sunday by President Jacob Zuma.

Doctors say Mandela, 94, "continues to improve," according to a statement.

THE ASSOCIATED PRESS

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Plastic \$20 bill sticks in vending industry's craw

Dispensing dispute.

Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic \$20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned \$20 bills, the most popular denomination in Canada.

Some 145 million polymer \$20 notes have been put into circulation since Nov. 7, one of a series of new plastic notes intended to thwart counterfeiters and last much longer than their paper-cotton predecessors.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go.

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us ... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

"I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie blames the Bank of Canada for failing to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines before the official release of the new bills.

The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. **THE CANADIAN PRESS**



Get a piece of the Fab Four on film

Auctioneer Paul Fairweather holds four colour transparencies of The Beatles taken during their first tour of the U.S. in 1964. The rare colour transparencies, taken by Dr. Robert Beck, are to be sold along with the copyright at Omega Auctions in Stockport, England, in a special Beatles memorabilia auction in March. The unpublished collection of 65 slides contains many stage shots. **DAVE THOMPSON/PA/THE ASSOCIATED PRESS**

Hostess bankruptcy

Bidders line up for Wonder Bread

The makers of Thomas' English muffins and Tasty-kake snacks are emerging as two of the bidders for Wonder Bread and other Hostess bread brands as the

company tries to sell off its assets under bankruptcy-court oversight, a newspaper reported Saturday.

The Wall Street Journal said Hostess Brands Inc. could reveal as early as next week that Flowers Foods Inc. and Grupo Bimbo SAB are in discussions to acquire its bread brands. The report

said the brands could command \$350 million US.

Hostess, which is based in Irving, Texas, announced in November that it was shutting down its business and selling its bread, snack and cake brands along with its 33 bakeries and other operations. **THE ASSOCIATED PRESS**

Alaska. Shell will attempt to tow stuck drill ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able."

If the drill ship can be pulled from the rocks off Sitkalidak Island, it will be towed 48 kilometres to shelter in Kodiak Island's Kiliuda Bay.

The Kulluk is a circular barge with a reinforced steel hull that allows it to operate in ice. One of two Shell ships that drilled last year in the Arctic Ocean, it has a 48-metre derrick rising from its centre and no propulsion system of its own. **THE ASSOCIATED PRESS**

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LORD LOVE A PUCK! IT'S BACK



URBAN COMPASS
Paul Sullivan
regina@metronews.ca

The darkest hour is just before dawn. And boy, was it dark. Canada's junior hockey team had just finished out of the medals at the world cup for the first time since 1998, and the long hockey-

less winter stretched before us.

Fans tried to throw their hockey jerseys onto the bonfire of vengeance, but they'd had them on so long, they couldn't get them off.

Tired of insulting NHL commissioner Gary Bettman or reporting on another fourth-line winger signed to play in the Bosnian semi-pro league, hockey journalists wandered around the sports beat trying to write about curling or cross-country skiing, but it wasn't pretty.

Then, just in time to salvage a 48 to 50 game season, the NHL and the NHL Players Association struck a deal.

There will be hockey after all. Lucky 2013.

Going into the weekend, the prospect seemed more remote than springtime and now the nearest game could come as early as Jan. 19 in Winnipeg, with the Jets facing off against the New Jersey Devils.

Fickle fandom

Don't worry, no one took you seriously when you swore off hockey for life and laid a curse on the billionaires and millionaires — also known as team owners and players — who ruined your life.

do you care? After a 113-day lockout, the actual agreement comes as an anti-climax. Rest assured that prairie boys blessed with an inexplicable talent for pushing a puck around a frozen surface will continue to become instant multi-millionaires.

The rest of us will continue to pay a king's ransom to sit in the nosebleed section and enjoy a warm beer and cold hot dog and then line up to go the bathroom, missing the winning goal.

No matter how much it abuses the fans, the NHL is a winning formula, at least in places where it snows. Just ask Vancouver Canucks owner Francesco Aquilini, for example, whose string of sellouts will resume unbroken this month at 407 games. It started in 2002 and has already survived one allegedly catastrophic labour dispute (in 2004-5), so there's no reason to expect a much-threatened boycott will amount to anything.

And when the Jets (or the Oilers or the Flames or even the Canucks) make the playoffs sometime next summer, no one will care about the quality of the beverages or that the season was cut in half or that Gary Bettman is the worst thing to happen to hockey since the Fox Network's lurid glowing puck.

All they'll care about is hockey, glorious hockey.

Until the next lockout, scheduled for some time in 2022.

Lupine loner

My, what a big following you have, Mr. Wolf

He doesn't like busy Interstate 5 or eating cattle, at least so far. He gets along with his distant cousins the coyotes, likes to swim and roams a lot — an awful lot — around the northernmost reaches of California.

A week or so ago, California's lone grey wolf passed his one-year anniversary as a transplant resident with the same technical accoutrements some people possess: A Twitter account and an online site about his travels.

"What strikes me about him is that when I talk to the general public, they show remarkable knowledge about his movements, much more than some world events," said Richard Callas, a senior environmental scientist with the California Department of Fish and Wildlife.

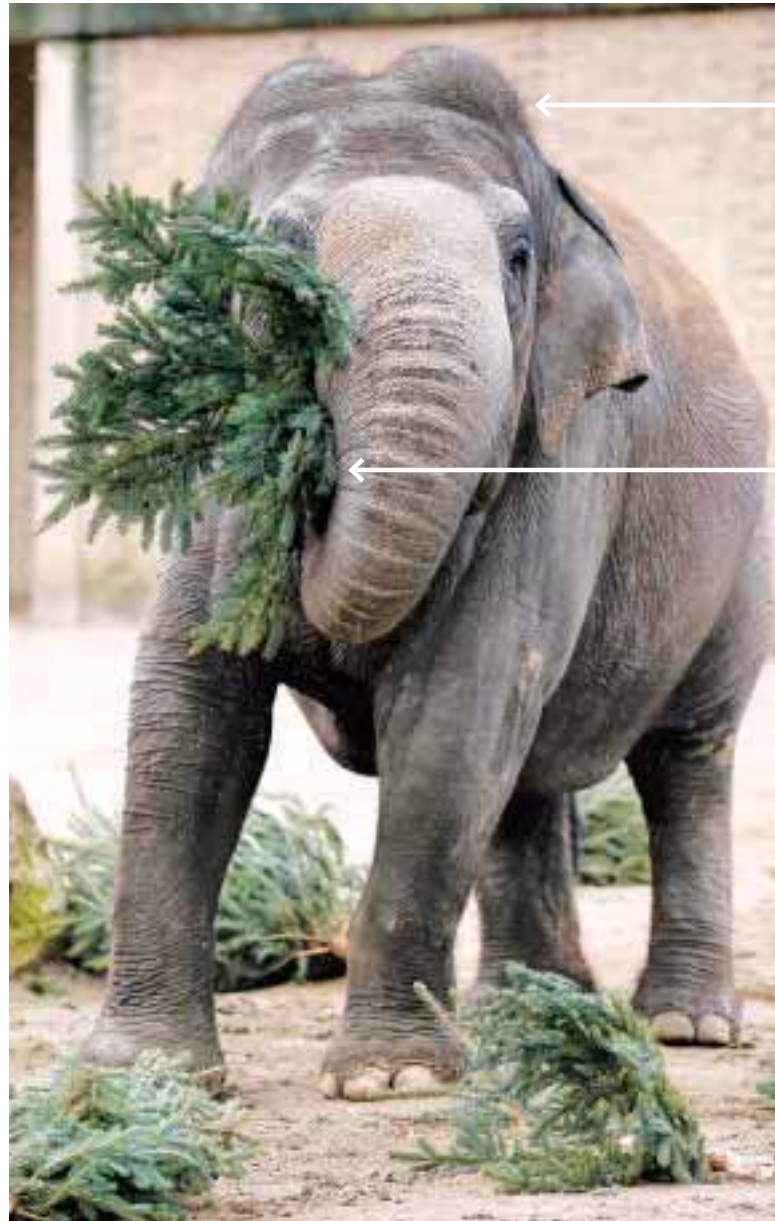
"No matter how you feel about wolves, when you see one it's amazing," he added.

California's wolf trotted 1,600 kilometres from northeast Oregon to California, then more than 3,200 kilometres since arriving.

Scientists speculate he's looking for a mate or a new pack, though they know both prospects are remote.

THE ASSOCIATED PRESS

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday, before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. **METRO WORLD NEWS**

Gentle diners

"They don't just poke the tree into their mouths. ... They gently pluck the branches."

Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The XMS MissileToe comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. **METRO WORLD NEWS**

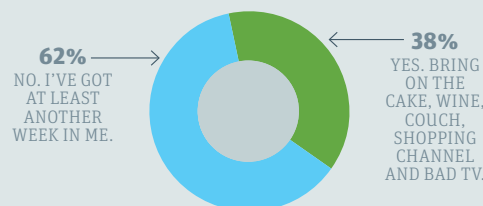


A screengrab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE



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Have you already given up on your New Year's resolution?



Twitter

@a_topper:

Thanks for nothing #yqr workers the streets clean but no one can park in front of the business now. If clear leave it

@sandy_ssc:

Another great day for a ski in the park. Why can't #YQR winters always be this nice?!

@HNETKA_PLYN18:

"Tough times don't last, tough people do" — Unknown #coolquote #yqr #toughtimes

@DarrenSproat:

I see #skpoli is as interesting as ever... We need a new Sask-Logo crown corporation, don't we?

@vaness_saam:

Missing the country home #saskatchewan #summer2013

@EliseLuss:

Anyone has an idea where would be fun to work part time in Regina? #yqr



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Howes teams with Murdoch for a Churchill whodunit

Guest appearance.

Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?

Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life. We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto. And that's where we find him, with Murdoch. It's turning into the new century, 1900,



Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him.

So he's trying to piece together the answer to the mystery.

You are covered in (fake) blood as we speak. Doesn't look good for Churchill.

Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.

We had a great day yesterday (on Murdoch) because

Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, foot-

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

ball, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?

It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.

Jeremy Hotz's misery is Just for Laughs

All Access series.

Comedian is featured in four episodes, griping about crows and looking like Nic Cage

Comedian Jeremy Hotz likes to ease into his New Year's goals.

"I was going to start to really concentrate on making a New Year's resolution for next year. That's my New Year's resolution," the famously miserable standup star said in his signature anguished tone during a recent telephone interview.

Might that resolution involve being happier onstage?

"I don't think that's ever going to happen," Hotz groaned.

In the meantime, the Ottawa native can be seen in the Comedy Network's new original series Just for Laughs: All Access, which debuts Monday at 10 p.m. ET.

The show features highlights from comedians at Montreal's Just For Laughs Festival, which is celebrating its 30th anniversary this year. Hotz is in the fourth episode on Jan. 28 as well as episodes on Feb. 11, March 11 and March 25.

Other comics who perform in the series include Saturday Night Live cast member Bill Hader, Community star Joel McHale, and Jack McBrayer of 30 Rock fame.

"For me, it did everything," Hotz said of the Just for Laughs festival. "It got me quite a bit of notoriety and it made me sort of an international star because they

sell the product all over the world.

"It is the most important comedy festival in the world. It's the international one and it's a major feather in your cap if you get that festival. Especially if you're coming out of Canada, you really need that festival."

Hotz has performed at the festival countless times since the 1990s, when he co-starred in the CBC-TV series The Newsroom. He was also a writer for The Jon Stewart Show and has won Gemini and Canadian Comedy Awards.

Hotz's Just for Laughs: All Access segment on Jan. 28 finds him in his famous pose (his right hand over half of his face to appear distressed) and putting a pessimistic touch on topics including crows, public transportation



Jeremy Hotz stars in a new series by The Comedy Network. HANDOUT

and how he's been mistaken for Nicolas Cage.

"That really happened," Hotz assured over the line from his home in Los Angeles.

"In America, from far away, people seem to think that. And then they get up close and go, 'Nah, he looks more like Klinger from

MASH."

"You walk around and you still think you're, like, 21 and then you look in a mirror and you go, 'Who the (hell) is that guy? It's not you.' Everybody thinks they're somebody else inside their head. Mirrors are really bad for people."

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrities who have had a rough start to 2013



THE
WORD
Dorothy Robinson
scene@metronews.ca

January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.



"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Bethenny Frankel filed for divorce from her husband, Jason Hoppy, in New York City last week. The former Housewife took to Twitter about the split.

"To those of you who are being supportive: thank you. To those of you who are judging: I totally get it." Criminal Minds and

Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.



Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just

the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."

Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Misérables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."



Russell Crowe.

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TO ENTER

Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby—the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF
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EDITH HILLER OF
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- **Uh oh.** Mommy's fridge and your diaper drawer are running on empty, which means it's time for the dreaded trip to the local supermarket. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



I am a beautiful princess...

Daddy-daughter time.

One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE
BOUGHNER
Metro World News

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.



One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing “boy” things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing “girl” things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other

reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the

other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't



Joe Boughner, who plays dress-up with his daughter. SUBMITTED

want my daughter to tolerate this sort of thing. I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off.

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metro News worth sharing.

Tasty layers of mushrooms, spinach and sausage in strata



Serves six to eight. THE CANADIAN PRESS HANDOUT

Also called a “wife saver” (or a “husband saver” in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage. It’s gourmet break-

fast, all in one dish.

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.
2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with

a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add

onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk,

Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages (about 3), casing removed and roughly chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part only, thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand for 10 minutes before serving.

DAIRYGOODNESS.CA

Mushroom, Spinach Frittata. Eat warm or cold



1. Heat oven to 180 C (350 F). Prepare a 2-l (8-cup) casserole dish (or 20 by 20 cm/8 by 8 inch) with vegetable oil spray.

2. In a large skillet over medium, heat oil; add shallots and sauté until soft, about 3 minutes. Add mushrooms and sauté another 3 minutes. Add spinach and sauté another 2 minutes; set aside to cool.

3. Meanwhile, in a large bowl, beat eggs; stir in cheese, if using, and salt and pepper. Add cooled vegetable mixture and stir until mixed. Pour mixture into casserole and bake for about 30 minutes or until top is lightly browned.

Let stand for 10 minutes before cutting. THE CANADIAN PRESS/ROSIE SCHWARTZ FOR GOLDEN D EGGS

Ingredients

- 15 ml (1 tbsp) extra-virgin olive oil
- 45 ml (3 tbsp) finely chopped shallots
- 500 ml (2 cups) sliced mushrooms
- 500 ml (2 cups) chopped fresh spinach
- 6 eggs
- 50 ml (1/4 cup) freshly grated Parmesan cheese (optional)
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) freshly ground pepper

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Tim Hortons Cream of Mushroom

150 calories/ 3 g fat/ 740 mg sodium
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Equivalent

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The In-Credibility Factor

Name: Sandra Milligan
City: Toronto
Age: 37
Occupation: Founder of Boxx Cosmetics



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A car crash at the age of 19 ended Sandra Milligan's equestrian pursuits and her dream of becoming a veterinarian. Turning to a career in the beauty industry, Sandra opened up a successful salon and recently launched a new makeup line called Boxx Cosmetics. Noticing there was a gap in the marketplace, Sandra created a cosmetic line of multi-use products that are infused with skin care ingredients. After eight years of research and development, this beauty entrepreneur is watching her new company grow.

I knew I was on my way when ... I saw my products on the first shelves and in online retail stores. My vision was so clear and it translated how I always envisioned it would. I've learned beauty is a person-

al thing and everyone sees themselves differently. I like that I can help women see what they find beautiful about themselves and then enhance their ability to do it for themselves on a daily basis.

Action Plan

Believe in yourself and create a clear plan on how to execute your strategy

There will always be unexpected hurdles but that's exactly what they are. Go over one at a time and you will learn immensely from the right or wrong decisions.

Trust your gut reaction if you need to make a quick decision

People love to give opinions and speak about their own experiences. Only you will know what is right for you and your growing company. No one knows it like you do.

Never give up

The road gets far worse than you ever imagined before it gets better — but it will!



Sandra Milligan founded Boxx Cosmetics after a car crash ended her equestrian dreams. PROVIDED



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NHLers in hurry-up mode with sprint of season ahead

Condensed schedule.

Players will have little time to prepare for 48-50-game campaign

The clock is already ticking for NHL players preparing to return to the ice.

With the end to the lockout pending, there will only be time for a brief training camp before a compressed schedule of 48 or 50 games.

The next few weeks will quickly show whether players who haven't played a competitive game since last spring are ready for the rigours of a regular season.

"I don't think it'll be too tough," said Montreal Canadiens forward Travis Moen. "Guys are professionals, so you should have been keeping yourself in decent shape all this time."

"We'll have some time to

skate before, and then you make the best of it."

The NHL and the players reached a tentative agreement early Sunday morning but no details on how many games each team would play or when the season would begin were released.

There may be a wide disparity in game-readiness when the season does finally get underway.

About 200 players got game action skating for European clubs during the lockout, and most teams sent a few of their younger players to the AHL.

But most, like Montreal captain Brian Gionta, did their best to stay fit and keep their skills sharp by skating a few times a week in small groups.

"Their timing and game-readiness would be there for sure," he said of those who played during the lockout. "It'll take a few games to get caught up, but that's the reality of where we're at."

A big concern will be staying healthy.

Last season in the NBA, teams played a 66-game schedule after a short training camp. Some, including commissioner David Stern, disputed that an increase in



Young hockey players skate across the Bell Centre ice in Montreal on Sunday. The Canadiens will return to their arena in the weeks ahead after a deal was reached to end the NHL lockout early Sunday morning. GRAHAM HUGHES/THE CANADIAN PRESS

injuries was the result of the lockout.

The shortened NHL schedule will have teams averaging more than 3.5 games per week.

"It's one of the more obvious things that might happen, especially groins, hip flexors, that sort of thing," said Vancouver Canucks forward

Chris Higgins. "I think you'll see some teams with troubles with that early on."

His teammate Manny Malhotra said even that may not be enough.

"Watching the NBA last year try to squeeze in as many games as possible, it's very taxing on the body," said Malhotra. "(Hockey) is

obviously a lot more physical game than basketball."

"I would see it being a real grind on the players with very little rest."

There isn't expected to be time for pre-season games, as coaches will have enough to do just getting players back on the same page.

THE CANADIAN PRESS

By the numbers

14%

Injuries in the NBA reportedly rose more than 14 per cent from the previous season after their lockout ended in December 2011.

All-nighter saves NHL season from abyss



NHL commissioner Gary Bettman, left, and NHLPA executive director Donald Fehr worked through Saturday night with U.S. federal mediator Scot L. Beckenbaugh to reach a tentative agreement to end the lockout. THE ASSOCIATED PRESS FILE

An agonizingly long series of negotiations needed one final push. Spurred on by a tireless mediator, the NHL and the NHL Players' Association worked through the night to finally set aside their differences and return hockey to the place it belongs.

On the ice.

It almost seemed too good to be true when word started to leak out early Sunday morning that a marathon 16-hour negotiating session had produced a tentative deal to end the 113-day lockout. But then Gary Bettman and Donald Fehr appeared together to share the news.

"Hopefully, within a very

few days the fans can get back to watching people who are skating — not the two of us," said Fehr, the NHLPA's executive director, looking as exhausted as everyone else in the bargaining room.

There is still plenty to do in a short period of time. In fact, the sides continued hammering out the final details of the players' new defined benefit pension plan even after the tentative deal was reached around 4:45 a.m. in a second-floor conference room at a Manhattan hotel.

"We have reached an agreement on the framework of a new collective bargaining agreement, the de-

tails of which need to be put to paper," said Bettman, the longtime NHL commissioner who presided over his third lockout. "We've got to dot a lot of i's and cross a lot of t's. There's still a lot of work to be done but the basic framework of the deal has been agreed upon."

At least some of the credit for that goes to Scot L. Beckenbaugh, a federal mediator who remained undeterred even though his previous experience with the two sides came during the previous lockout, just days before the 2004-05 season was cancelled.

THE CANADIAN PRESS

NFL playoffs

Wilson, Lewis survive wild-card weekend

Wild-card weekend is over, and Seattle's Russell Wilson is the lone rookie quarterback remaining.

Wilson teamed with Marshawn Lynch to lead Seattle to a 24-14 comeback victory

Sunday over the Washington Redskins, who finished the game without Robert Griffin III — their star rookie quarterback who appeared to reinjure his right knee.

In Baltimore, Ray Lewis and the Ravens eliminated Andrew Luck, the No. 1 overall pick, and the Indianapolis Colts with a 24-9 win. The victory delayed Lewis' retirement for at least another week. THE ASSOCIATED PRESS



Ravens' Ray Lewis GETTY IMAGES

WHL

Scheidl leads Pats past Wheat Kings

Lane Scheidl had a goal and an assist to help the Regina Pats beat the visiting Brandon Wheat Kings, 3-1, in Western Hockey League action Sunday night.

Regina (18-21-4) also got a goal and an assist from Morgan Klimchuk and the

eventual game winner from captain Colton Jobke. The win extends the Pats' winning streak to five games.

Scheidl, the Pats' leading goal scorer, has 22 on the season. Next in line is Klimchuk with 21. Both are sitting at 49 points.

Brandon (14-24-4) got its only goal from Tim McGauley, with his 11th of the season.

THE CANADIAN PRESS

4-SPORTS

Horoscopes

Aries

March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

Taurus

April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

Gemini

May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

Cancer

June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

Leo

July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

Virgo

Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

Libra

Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

Scorpio

Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

Sagittarius

Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

Capricorn

Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

Aquarius

Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

Pisces

Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.
SALLY BROMPTON

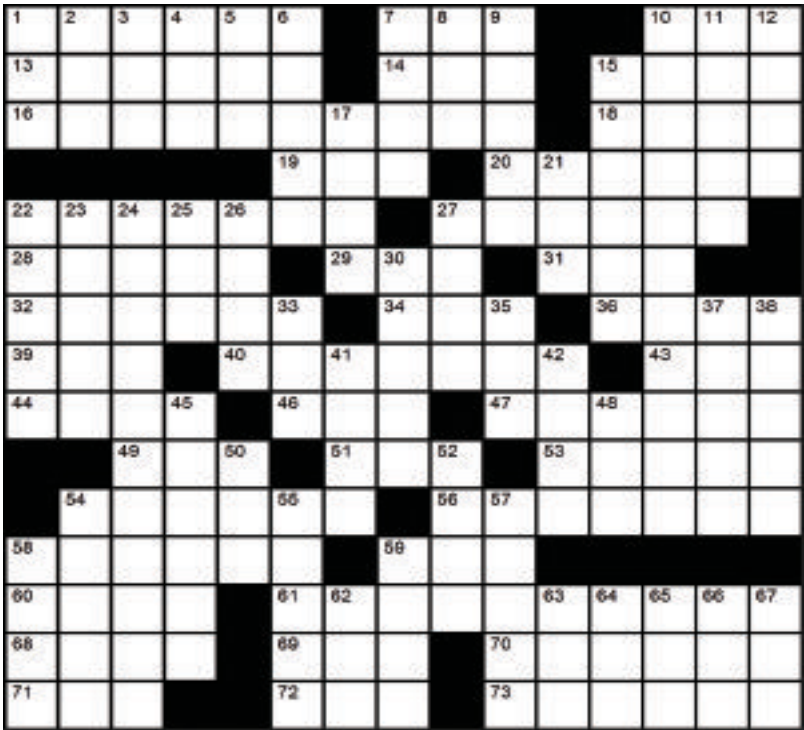
Crossword: Canada Across & Down

Across

- Vegas show, __: Still the One
- Smartphone add-on
- Ms. Messing, briefly
- Duck: French
- Kanga's sidekick
- "__-__-voom!"
- Governor General of Canada's official residence: 2 wds.
- Facial scrub, St. __
- Place
- Brit singer Adele's surname
- The Scottish Play
- Stonehenge ritualists
- Hurt
- "__ you sure?"
- Clip-__ (Earrings)
- Potatoes au __
- Simon & Garfunkel's "I __ Rock"
- Dentyne, and others
- Mr. Beatty
- Northern Ontario hometown of the country star at #1-Across
- Ms. Saldana of "Avatar" (2009)
- Inquires
- "Sk8er __" by Avril Lavigne
- "The __ of Things"
- Drake's music
- Botanist Mr. Gray
- Leslie Nielsen's "___ Gun" comedies
- Mr. Pattinson
- The Hunger Games heroine
- Mr. Brosnan
- Ashlee to Jessica, for short
- The __ (U2 guitarist)
- Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
- Casual tops
- Tokyo, once
- Charlie Sheen's brother
- Flub up
- Uncooked
- Accept the ring: 2 wds.

Down

- Comp. part
- Song from the musical South Pacific: "Bali __"
- Furthermore

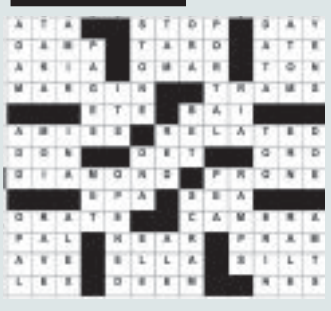


- Scot's 'No'
- Lyricist Mr. Gershwin
- Pursuit of Happiness hit: "I'm an __ Now"
- "Quicker than __ of light..." - Madonna
- Parliament Hill fig.
- __ bear
- Host of #47-Across: 2 wds.
- Levels
- Paul McCartney's instrument
- L'Anse aux Meadows inhabitant
- "That's funny.": 2 wds.
- Couplet

- __ Carta
- Land units
- Nickelback frontman: 2 wds.
- Casino wager
- Modify
- Ms. Lovato
- Harold of "Ghostbusters" (1984)
- Calligrapher's prop
- Actress, __Margret
- Social customs
- "Sowing the __ of Love" by Tears For Fears
- Castle defense
- Filmmaker, Gus Van __
- Buffalo players

- Hosiery hue
- Bench press muscle, briefly
- Similar
- "Easy __" (1969)
- Send to a specialist
- Fireplace leftovers
- Original Beatles drummer Mr. Best
- Winter fluff
- __ Red apple
- Ms. Thurman
- Don't hire a pro, e.g.
- Guileful
- Goose: French
- 7, 16 and 38, e.g.

Friday's Crossword

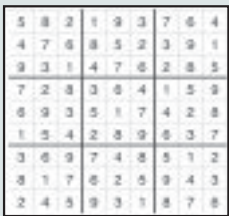


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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